

[Original Article]**Characteristics of public health nurses who improved their skills through cultural experiences in maternal and child healthcare in Tokyo metropolitan area****Kinuyo IKEDA ¹⁾, Kyoko YAMASAKI ²⁾, Rika KURIHARA ²⁾**

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Abstract

Recently, the number of cases that are challenging to provide support for has increased, with a key social factor being the growing number of foreign residents. For public health nurses (PHNs) addressing the needs of these residents, experience with difficult cases has been the most significant contributor to improving their skills.

Therefore, this study aimed to clarify the characteristics of PHNs who have faced challenges related to cultural differences and to explore how these experiences influenced their responses, attitudes toward maternal and child healthcare, and improvements in their nursing practice abilities.

A self-administered questionnaire survey was conducted among PHNs involved in maternal and child healthcare at health centers in the Tokyo metropolitan area, encompassing one metropolitan prefecture and three surrounding prefectures.

The findings revealed significant differences in the positive attitudes of PHNs toward foreigners, the implementation of various individual measures beyond learning foreign languages, and the development of support measures for foreign residents at affiliated institutions serving populations of 100,000 or more. Differences were also observed in the dietary practices and child-rearing approaches.

The characteristics of PHNs who improved their practical nursing skills through culturally challenging experiences included a strong desire to support foreign residents, ability to implement supportive efforts beyond language acquisition, and institutional recognition of the need to support foreign residents. These institutions provided resources, such as foreign-language tools and lists of maternal and child health services, to aid PHNs in their activities.

keywords: Public health nurses, Nursing practice development, Cultural experiences, Maternal and child healthcare